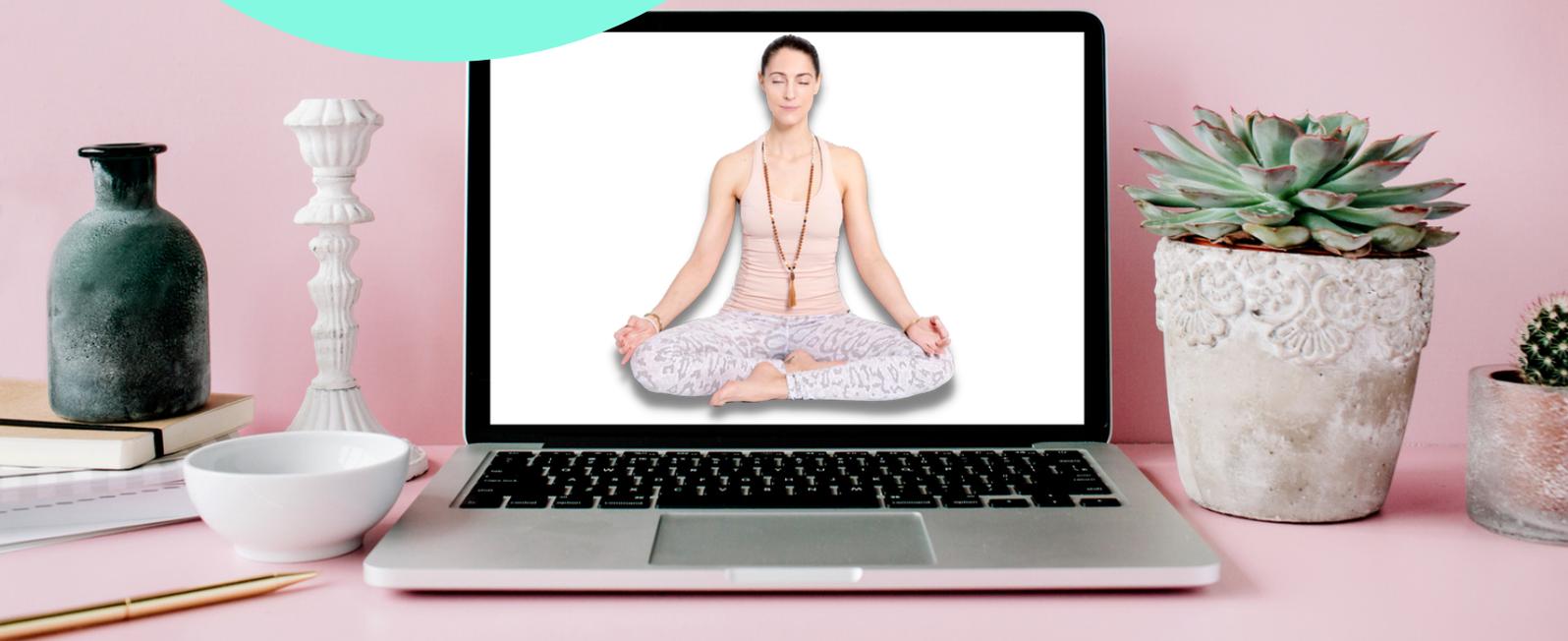




speakersbase

30 days Mental Energy Challenge

**Start to
meditate
together
with your
team!**



**LET MEDITATION HELP
YOU AND YOUR
COLLEAGUES
NAVIGATE THROUGH
THESE CHALLENGING
TIMES.**

Hosted & guided by Goedele Leyssen,
well-known yoga & meditation trainer

Together with your team or colleagues, you will take on the 30 days Mental Energy Challenge and start every working day with a 20 minutes mental energy booster.

You see each other for a moment, you connect and after the session you can start your working day in a stress-free and powerful way.

The challenge is exclusive to your team or company

The challenge includes:

- a one hour online kick off keynote : information on meditation and a short mindset training + Q&A
- the daily LIVE sessions during 30 days (weekdays). You connect from your home environment via a Zoom link with Goedele at the same time.
- 3 additional online connection-moments for Q&A and feedback (after week 1, week 2 and week 4)

The daily sessions consist of a short stretch moment, a breathing exercise and a short meditation of 11 minutes. The sessions are concluded with a moment of reflection or a short visualisation. A full session lasts about 20 minutes.

If you miss a session, you can find it later on the online platform and do it at another time that suits you.

During the entire 30-day challenge, you will be professionally and actively guided by expert Goedele Leyssen.

Available in English or Dutch



What to expect during & after the 30-day challenge:

- more control over your emotions
- a calmer mind
- less worrying
- more self-confidence
- a clearer mind and more strategic thinking
- less stress
- more resilience
- better concentration
- more productivity
- connection with colleagues
- better health
- more mental and physical energy

Features

- Accessible
- Connecting
- Awareness-raising
- Strengthening and energising

Budget

- 5.500 € incl. kick off keynote, 30 days LIVE guidance, 3 Q&A webinars for a team or company; no limit on the number of participants!
- 1.500 € for access to the online platform with recordings

Goedele Leyssen

Goedele worked for years as a beauty, health and wellness journalist for, among others, 'Feeling'. Now she is a successful yoga teacher and gives workshops, lectures and retreats at home and abroad.

Contact us!

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